



Traci Terlecky
Fitness Director
716-929-5120



Susan Arthur
Fitness Instructor
716-929-5120

****All Exercise Classes are held in Lunt Hall unless otherwise instructed
See the Video Fitness Schedule offered daily on channel 1390.
Daily Gym hours are: 6am-9pm***

Lion's Mane Salon at Gates Circle Located on the 2nd floor next to Assisted Living



Wednesday, July 2nd – Nail Services with Laura
Monday, July 7th – Hair Services with Mike
Wednesday, July 9th – Nail Services with Laura
Friday, July 25th – Nail Services with Laura

Call the Williamsville Salon at (716) 929-5115 to book an appointment at either location. The Williamsville Salon offers a wider range of services and that list can be found in the Cultural Arts Room. Visit or call the Gates Circle Front Desk to book a ride with the Canterbury van.

Senior Strong Fitness Class Schedule

Mondays

11:00AM Chair Yoga with Resident Ann Loretan

Wednesdays

11:00AM Chair Yoga with Resident Jon Trieble

Fridays

9:00AM Scheduled Orientations by Appt. Only

10:00AM Senior Strong Weights/Resistance + Balance

12:15PM Scheduled Orientations by Appt. Only

Saturdays

10:00AM Senior Strong Cardio w/Theresa

Cultural Arts



July 2025

Canterbury Woods Gates Circle Activity Newsletter



Get to know our new Administrative Assistant Celeste Kendall!

Hi! My name is Celeste, and I'm so excited to be joining the team here at Canterbury Gates as the new Administrative Assistant. You'll definitely see me around often—so don't be shy, stop by and say hi! I'm really looking forward to meeting and getting to know everyone.

I'm originally from the Buffalo area but spent about half my life in Raleigh, North Carolina. One thing I definitely miss from NC? The beaches—real beaches!

I'm a huge Star Wars fan and love all kinds of music. Fun fact: I sang with the Buffalo Philharmonic Chorus during my junior year of high school—an experience I'll never forget. My favorite color is green, and I'm a big animal lover. I live with my boyfriend of 10 years and our two-year-old Australian Shepherd mix, Leia (yes, named after that Leia).

I'm already grateful to be part of this amazing community and can't wait to grow with you all.

July Holidays

July 1: Canada Day
July 4: Independence Day
July 10: Full Moon
July 24: New Moon

Birthdays!

Catherine Cornbleth – July 9
Alan Duchan – July 13
Doris Sunshine – July 13
Russell 'Andy' Newbert – July 19
Barbara Jul Maynor – July 27
Elizabeth 'Liz' Weston – July 31

For any questions regarding independent groups please see...

Mahjong – Marie Houston
(716) 946-7316
Backgammon – Alan Duchan
(716) 491-8111

Cancellations:

Fitness & balance with Susie the
4th and 25th
"World Heritage Sites" Discussions
postponed until the 16th

4th of July Activities!

11:00am-2:00pm – Cookout & Lawn Games

4:30pm – BYO Happy hour
6th Floor Lounge

8:00pm – "A Capitol Fourth" on PBS
1st Floor Lounge

When the sun goes down stop up to the 6th floor to see a spectacular view of fireworks from across the city!

Music & Entertainment



Summer Kick off Music Celebration!

Wednesday, July 2nd - 7pm - 1st Floor Lounge

Aria Knechtges & Alisha Govindaraj, with Kevin Wang. Featuring selections of Beethoven, Mozart, and Paganini on violin and piano.

Janice Mitchell & Jim Beishline

Wednesday, July 9th - 7pm - 1st Floor Lounge

In the 80's Janice spent 5 years touring the world. 9 months at a time, with Ray Charles as a Raelette (lead image). She sang backup vocals on his recordings of 'America' and also on his Christmas album. In 1995 she decided to move back to the Buffalo area to be with her family. This is when she met her new partner in life and in music, Jim Beishline and began working with the Jim Beishline Trio.



Illusionist Josh Farley

Monday, July 21st - 7pm - 1st Floor Lounge

Family & Friends are welcome to this special event! Josh is an award-winning performer who has been featured on the primetime CW television show Penn & Teller: Fool Us. He's also headlined Masters of Illusion Live! at Harrah's Casino in Atlantic City and most recently performed in Celebrities of Magic in Bakersfield, CA. His show runs approximately 50 minutes and combines comedy, mind reading, world-class sleight-of-hand.

Cello Soloist Alex Cousins

Monday, July 28th - 7pm - 1st Floor Lounge

Alex Cousins is a genre-defying cellist, composer, and creative force whose work spans the full emotional spectrum—blending raw honesty with technical mastery. Based in Buffalo, New York, Alex performs across multiple musical dimensions: as a solo artist, as the founder of the genre-bending project Strings Unbound, and as the electric cellist of the rock band Sunday



Arts & Crafts – Sign up required for supply purposes

Thursdays at 2:30pm in the Cultural Arts Room

- 3rd – Patriotic Floral Arrangements with Alex & Erika
- 10th – Beaded Plant Holder with Alex
- 17th – Painting Workshop with Rio Mansour
- 24th – Poem Collage with Alex
- 31st – Pressed Flower Bookmarks with Alex



MORE ART!

Tie Dye Tote Bags

Friday, July 11th at 3pm on the lawn
Bring your own item to dye or use one of the provided tote bags.

Paint & Sip with Erika

Friday July 18th at 3:30pm
Red & white wine and snacks will be provided. You're welcome to bring your own beverage. Sip & snack while receiving step-by-step instructions and take home your masterpiece!

Clubs & Gaming

Music Lounge Mondays - 3pm - Cultural Arts

Sing along to a new artist or genera every week. Snack, chat with friends, and learn about the music as we listen.

Musical BINGO July 14th - 3pm - Cultural Arts

This version of BINGO features band names instead of numbers. Listen to a song, name the band, and go for BINGO!

SOAK UP THE SUN!

Lawn games are played on the grass between the path and the parking lot. When exiting the building, take a right and follow the path! See Front Desk schedule for weather related changes.

Walking Club Tuesdays at 2:00pm – Meet on the Terrace

Gather with friends, get some fresh air, and explore the neighborhood! Grab a coffee on Elmwood or stroll through Delaware Park. Led by Erika to a new location every week.

Bocce Ball Tuesdays at 4:30pm

Cornhole Saturdays at Noon

Lemonade & Cookies - Fridays at 2pm on the Terrace

Assisted Living Game Hour

Wednesdays - 2:30pm
2nd Floor Activity Room

ALL ARE WELCOME!
Jeopardy, Price Is Right, and more!

The Knit-Wits Fiber Arts Club!

Saturdays - 11am
Cultural Arts

Calling all knitters, quilters, needle work and crochet artists! Bring a current project and join us for an hour of crafting and conversation!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>July 2025</div> <div>Canterbury Woods Gates Circle Independent Living Activity Calendar</div>		10:00 Fitness Video (CH) 1 11:00 Resident Council (LH) 2:00 Walking Club (T) 2:30 Mahjong (L6) 4:30 Bocce Ball (O) 7:00 Movie Night "Pirates of the Caribbean: The Curse of the Black Pearl" (CH&LH) Canada Day	10:00 Beginner Tai Chi (CH) 2 11:00 Yoga with Jon (LH) 11:30 Tech Help with Alex (CA) 1:30 Canterbury University (LH) 2:30 July Jeopardy! (AL) 4:30 Happy Hour (L6) 7:00 Summer Kick Off Music Celebration (L1)	10:00 Meditation with Ann (CH) 3 11:15 Morning Trip: Wegmans 1:00 Afternoon Trip: Wegmans 1:30 Scrabble (L6) 2:30 Patriotic Flower Arrangements (CA) 7:00 Movie Repeat "Pirates of the Caribbean: The Curse of the Black Pearl" (CH)	Cancelled: Fitness with Susie 4 10:00 Fitness Video (CH) 11-2 Independence Day BBQ & Lawn Games (T&LH) 4:30 Happy Hour (L6) 8:00 Watch "A Capitol Fourth" on PBS (L1) Independence Day (US)	10:00 Senior Strong Mix with Theresa (LH) 5 11:00 Knit-Wits Club (CA) 2:30 Movie Matinee "Pretty Woman" (CH&LH) 7:00 Movie Repeat "Pretty Woman" (CH)
10:00 Advanced Tai Chi (CH) 6 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "A Complete Unknown" (CH&LH) 7:00 Movie Repeat "A Complete Unknown" (CH)	10:00 Fitness Video (CH) 7 11:00 Yoga with Ann (LH) 1:30 Canterbury University (LH) 3:00 Music Lounge (CA) 4:30 Happy Hour (L6)	10:00 Fitness Video (CH) 8 11:00 Yoga Video (CH) 2:00 Walking Club (T) 2:30 Mahjong (L6) 4:30 Bocce Ball (O) 7:00 Movie Night "Pirates of the Caribbean: Dead Man's Chest" (CH&LH)	10:00 Beginner Tai Chi (CH) 9 11:00 Yoga with Jon (LH) 11:30 Tech Help with Alex (CA) 1:30 Canterbury University (LH) 2:30 Headbandz (T) 4:30 Happy Hour (L6) 7:00 Janice Mitchell & Jim Beishline Concert (L1)	10:00 Meditation with Ann (CH) 10 11:15 Morning Trip: Target 1:00 Afternoon Trip: Target 1:30 Scrabble (L6) 2:30 Crafting Beaded Plant Holders (CA) 7:00 Movie Repeat "Pirates of the Caribbean: Dead Man's Chest" (CH)	10:00 Fitness with Susie (LH) 11 11:00 Balance with Susie (LH) 2:00 Lemonade & Cookies (T) 3:00 Tie Dye Canvas Tote Bags with Alex & Erika (O) 4:30 July Birthday Happy Hour (L6)	10:00 Senior Strong Mix with Theresa (LH) 12 10:30 Lunch at SAVOR Restaurant of the Culinary Institute 11:00 Knit-Wits Club (CA) 12:00 Cornhole (O) 2:30 Movie Matinee "Shakespeare in Love" (CH&LH) 7:00 Movie Repeat "Shakespeare in Love" (CH)
10:00 Advanced Tai Chi (CH) 13 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "Seven Brides for Seven Brothers" (CH&LH) 7:00 Movie Repeat "Seven Brides for Seven Brothers" (CH)	10:00 Fitness Video (CH) 14 11:00 Yoga with Ann (LH) 1:00 Town Hall Meeting (LH) 1:30 Canterbury University (LH) 3:00 Musical BINGO! (CA) 4:30 Happy Hour (L6)	10:00 Fitness Video (CH) 15 11:00 Yoga Video (CH) 1:30 Movie & Popcorn "Nonna's" (LH) 2:00 Walking Club (T) 2:30 Mahjong 4:30 Bocce Ball (O) 7:00 Movie Night "Sully" (CH&LH)	10:00 Beginner Tai Chi (CH) 16 11:00 Yoga with Jon (LH) 11:30 Tech Help with Alex (CA) 1:30 Canterbury University & Resident Lead Discussion (LH) 2:30 Card Games (AL) 4:30 Happy Hour (L6)	10:00 Meditation with Ann (CH) 17 11:15 Morning Trip: Wegmans 1:00 Afternoon Trip: Wegmans 1:30 Scrabble (L6) 2:30 Painting Workshop with Rio from Splash on Canvas Art (CA) 7:00 Movie Repeat "Sully" (CH)	10:00 Fitness with Susie (LH) 18 11:00 Balance with Susie (LH) 2:00 Lemonade & Cookies (T) 3:30 Paint & Sip with Erika (CA) 4:30 BYO Happy Hour (L6)	10:00 Senior Strong Mix with Theresa (LH) 19 11:00 Knit-Wits Club (CA) 12:00 Cornhole (O) 2:30 Movie Matinee "Pleasantville" (CH&LH) 7:00 Movie Repeat "Pleasantville" (CH)
10:00 Advanced Tai Chi (CH) 20 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 1:00 Kinky Boots at the Palace Theatre 2:30 Movie Matinee "Ocean's Eleven" (CH&LH) 7:00 Movie Repeat "Ocean's Eleven" (CH)	10:00 Fitness Video (CH) 21 11:00 Yoga with Ann (LH) 1:30 Canterbury University (LH) 3:00 Music Lounge (CA) 4:30 Happy Hour (L6) 7:00 Entertainment featuring Illusionist Josh Farley (L1)	10:00 Fitness Video (CH) 22 11:00 Yoga Video (CH) 11:30 Cultural Arts Meeting (CA) 1:30 Open Art Studio (CA) 2:30 Mahjong (L6) 2:00 Walking Club (T) 4:30 Bocce Ball (O) 7:00 Movie Night "The Martian" (CH&LH)	10:00 Beginner Tai Chi (CH) 23 10:30 Tour of Silo City & Lunch at Riverworks 11:00 Yoga with Jon (LH) 11:30 Tech Help with Alex (CA) 1:30 Canterbury University & Resident Lead Discussion (LH) 2:30 Trivia (T) 4:30 Happy Hour (L6)	10:00 Meditation with Ann (CH) 24 11:15 Morning Trip: Marshall's 1:00 Afternoon Trip: Marshall's 1:30 Scrabble (L6) 2:30 Poem Collage (CA) 7:00 Movie Repeat "The Martian" (CH)	Cancelled: Fitness with Susie 25 10:00 Fitness Video (CH&LH) 2:00 Lemonade & Cookies (T) 4:30 BYO Happy Hour (L6)	10:00 Senior Strong Mix with Theresa (LH) 26 10:30 Bus Leaving: Buffalo Garden Walk 11:00 Knit-Wits Club (CA) 12:00 Cornhole (O) 2:30 Movie Matinee "Marshall" (CH&LH) 7:00 Movie Repeat "Marshall"
10:00 Advanced Tai Chi (CH) 27 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "The Rocketeer" (CA&LH) 7:00 Movie Repeat "The Rocketeer" (CH)	10:00 Fitness Video (CH) 28 11:00 Yoga with Ann (LH) 1:30 Canterbury University (LH) 3:00 Music Lounge (CA) 4:30 Happy Hour (L6) 7:00 Performance by Cellist Alex Cousins (LH)	10:00 Fitness Video (CH) 29 11:00 Dining Committee Meeting (LH) 1:30 Open Art Studio (CA) 2:00 Walking Club (T) 2:30 Mahjong (L6) 4:30 Bocce Ball (O) 7:00 Movie Night "No Country For Old Men" (CH&LH)	10:00 Beginner Tai Chi (CH) 30 11:00 Yoga with Jon (LH) 11:30 Tech Help with Alex (CA) 12:30 Trip to Regal Elmwood Met Opera's Romeo et Juliette 1:30 Canterbury University & Resident Lead Discussion (LH) 2:30 The Price Is Right (AL) 4:30 Happy Hour (L6)	10:00 Meditation with Ann (CH) 31 11:00 Coffee with Paul (LH) 11:15 Morning Trip: Wegmans 1:00 Afternoon Trip: Wegmans 1:30 Scrabble (L6) 2:30 Pressed Flower Bookmark (CA) 7:00 Movie Repeat "No Country For Old Men" (CH)	Questions, comments, and concerns regarding activities may be directed to: Alex Nowak - Cultural Arts Coordinator (716) 929-5618 or anowak@echa.org Erika Dentinger - Cultural Arts Assistant edentinger@echa.org	

Key: L=Library / CH=Channel 1390 / LH=Lunt Hall / L1=1st Floor Lounge / L6=6th Floor Lounge / CA=Cultural Arts Room / AL=2nd Floor AL Activity Room / T=Terrace / O=Outside Lawn in-between lot & path

Outings via Giorgio's Transportation Service

A \$10 per rider transportation fee is required at time of sign up via cash or check made out to Canterbury Woods.

Lunch at SAVOR Restaurant of the Culinary Institute

Saturday, July 12th Bus leaving at 10:30am

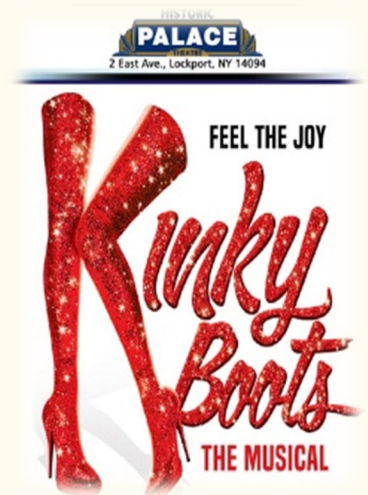
Savor, Niagara Falls Culinary Institute's (NFCI) upscale dining restaurant, provides a real-world hands-on learning experience for students enrolled in the Culinary Arts, Pastry Arts and Hospitality programs. Savor features an open kitchen where student chefs are on "display" to showcase their talents to the guests. Savor is open to the public and offers a prix fixe menu.

Kinky Boots at the Palace Theatre

Sunday July 20th Bus Leaving at 1:00pm

Residents must purchase their own ticket via the Lockport Palace Theatre website or by calling to box office at (603) 668-5588.

Synopsis: After trying to escape his father's low-key, family ambitions for him, Charlie Price has suddenly inherited his father's shoe factory, which is on the verge of bankruptcy. Charlie must now face the decision of whether to pursue a new life in London with his fiancée Nicola, or return to the town in which he grew up and save his father's dreams.



Actors from this production will be visiting Gates Circle for a talk-back! Date & time is TBD and will be announced on Touchtown and a flyer in your mailbox.

Hawk Creek Wildlife Center Enchanted Wild Fest

Saturday, August 2nd Bus Leaving at 11:00am

Immerse yourself in your favorite movies and stories at Hawk Creek's Enchanted Wild Fest! Journey through the Center to meet the REAL counterparts to your favorite animal movie characters! Be amazed by a fantastical flying bird show! Animal encounters, activities for kids, games and characters await you! Trails, park like environment, most activities are outdoors. See website for schedule of events for the day.



Outings via Canterbury Bus & Van

There is no transportation fee for these trips. Sign up is required.



Thursday Grocery & Shopping Trips

Morning Trips: Leaves at 11:15am

Afternoon Trips: Leaves at 1:00pm

Wegmans & Amherst St Wine & Liquor - July 3rd, 17th, & 31st

Target – July 10th (Starbucks inside, Moe's & Burlington within walking distance)

Marshall's Plaza – July 24th (Dollar General, Supercuts, New China Restaurant, Pizza Hut, Subway, JBC Ramen, Federal Meats, Bruegger's Bagels, and Great Arrow Wine & Liquor)



Met summer Encore: Romeo at Juliette at Regal Elmwood

Wednesday, July 30th Van Leaving at 12:30pm

Residents must purchase their own tickets via the Regal website

In this dazzling 2024 Met performance, soprano Nadine Sierra and tenor Benjamin Bernheim are the star-crossed lovers in Gounod's operatic adaptation of Shakespeare's immortal love story. Yannick Nézet-Séguin conducts. Run Time: 2hr 58min

Tour of Silo City & Lunch at Riverworks

Wednesday, July 23rd Bus leaving at 10:30am Return approx. 1:30pm

IMPORTANT! This tour takes place on uneven ground. Stairs, gravel walkways, and other obstacles may prohibit walkers or wheelchairs from participating. If you would still like to join us for lunch, you're welcome explore Riverworks during the 1 hour tour. Residents are expected to purchase their own lunch. Reservations are at Noon after our tour.

Silo City is an urban refuge surrounded by an evolving park with sculptures, landscape art, and architecture. It's located along the final bends of the Buffalo River, before it meets the edge of Lake Erie. It's the densest collection of concrete grain elevators on the planet. The historic structures represent 6 different companies that formerly operated on the Buffalo River.

Buffalo Garden Walk

Saturday, July 26th Bus Leaving at 10:30am Return approx. 12:30pm

Join us as we explore the beautiful gardens of Elmwood Village. For one weekend only, Buffalo homeowners welcome the public into their private gardens. You will get to explore and possibly chat with the owner. Please keep in mind many of these homes may not be accessible via wheelchair or walker. There may be stepping stones, gravel/narrow pathways, and other obstacles that may be difficult to navigate.